

THE SECRET TO HEALTHY TEETH & GORGEOUS SMILE

Do you have calculus or tartar build-up on your teeth?

Stained Teeth - Bleeding Sensitive or Receding Gums - Cavities?

The Miracle Plaque Plucker is simple, affordable, has worked for thousands and can work for you too!



ALYCE HARMS

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This information is for education purpose only. It is not medical advice and is not intended to replace the advice or attention of health care professionals. Consult your physician before beginning or making changers to your diet, supplements or exercise program, for diagnosis and treatment of illness and injuries and for advice regarding medications.

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The Secret That Can Heal Dental Disease

Would you like a simple, inexpensive tool that can heal dental disease?

Perhaps you would like to understand that there are easy healthy solutions to seemingly dangerous and expensive dental situations?

I invite you to explore the realm of natural dentistry!

There is a lack of information available that gives people choices on how to care for their teeth and gums. Until now we have been limited to brushing and flossing and millions of various kinds of brushes, toothpaste and floss with which to do this but all involve the basic brushing and flossing. Considering that 90% of all adults in the Western world suffer from some sort of gum disease (yes, children too), and most people over 60 have no teeth at all, is brushing and flossing the answer?

According to Robert O. Nara, D.D.S., a dentist from Houghton, Michigan, "People almost universally believe the untruth that dental disease is inevitable. The dental profession itself views disease as something to be suppressed but not effectively prevented.

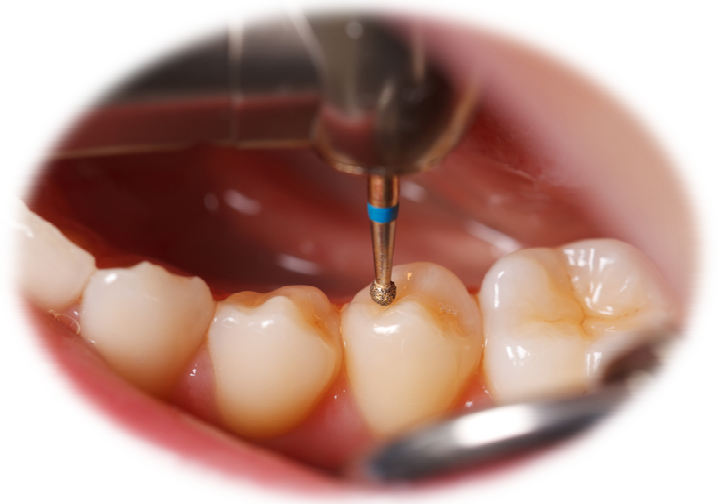
Doctors, dentists and most other people can understand certain healing processes; such as broken bones mending or cut tissues healing but when it comes to dental disease, people seem to have the belief that if you have a hole in your tooth it's there forever.

The body restores itself naturally given the right conditions, so why can't the same thing happen with gums and teeth?

Conventional Dentistry

The entire dental industry; manufacturers, distributors, advertisers etc... derive the bulk of their incomes from products or services aimed at replacement and repair of symptoms. Millions of dollars are spent every year in this regard; while very little is expended to eradicate the cause.

When it comes to cavities dentists are doing what they are taught in dental school. It's called "extension for prevention" and it means that they make the hole larger than needed. To remove the cavity they will take away all of the diseased enamel, dentin and pulp etc... and also cut away a generous portion of healthy enamel.



It is important to know that there are far more persuasive reasons not to do this than there are good reasons for it.

Extension for prevention does not prevent dental disease. Only proper dental hygiene habits can do that.

The usual treatment simply replaces healthy enamel with amalgam or ceramic weakening the tooth leaving it vulnerable where active disease is able to recur again later on.

Teeth Are Meant To Last Your Whole Lifetime

No other part of your body is as strong and capable of recovering from disease as your teeth! With proper dental care, your teeth can be the healthiest part of you for life.

People are taught to think of proper dental care as being something like this:

Brush with polish after every meal, use floss, avoid sweets and see the dentist every six months. Unfortunately this formula is virtually useless. Statistics have shown that the 44% of the average Australians over the age of 65 has no natural teeth left.

In fact studies show that people who visit the dentist more frequently have fewer teeth! Many dentists do not realize that cavities can heal and perhaps more importantly gum degeneration is reversible.

Dr. Nara explains how much healing can be expected from a tooth cavity, “The little ones will heal, re-mineralize up to about two millimeters deep. What will happen in a tooth that is severely decayed is that the stump will firm up. Instead of being soft and mushy, it develops a leathery consistence.”

What is so fantastic is that once a tooth heals it becomes resistant to decay!

A few dentists and periodontists have discovered how to heal gum disease and re-mineralize decayed teeth; as soon as this knowledge becomes known and understood by the public, having teeth filled will rapidly become a thing of the past...

Dentist Ramiel Nagel who authored the book “Cure Tooth Decay” has helped many of his patients “reverse” their tooth decay and would rather not put in fillings. He believes that you can prevent and heal cavities with nutrition.

This knowledge of stopping the cause of cavities is actually quite simple. One just needs to get rid of plaque, lower the acid production within the mouth and take advantage of the natural calcium and phosphorus deposition that can take place when conditions are right.

Gum tissue problems also go away at the same time since the right conditions necessary to heal cavities also cause the gums to be perfectly healthy. As the gum tissue heals it also re-attaches and can grow back over areas of recession.

The underlying bone also grows back so teeth that are loosened can be made to tighten up and become firm and healthy again. It's all a matter of giving the body a chance to rejuvenate itself.

“Gum disease affects most people at some time during their life. It is usually caused by a build-up of plaque on teeth. One of the common signs of gum disease is bleeding gums.” – Australian Dental Association

Are Cavities Caused By Sugar?

We are told that cavities are caused by sugar. That is not completely accurate; cavities are produced when there is an abundance of dextrans. Combined with other debris in the mouth, this sticky substance forms a film called plaque, which creates a coating on the teeth. The coating of plaque creates an anaerobic environment.

If there is an abundance of plaque, there's active disease. It is as simple as that.

This state, shielded from oxygen is the environment disease like best of all and is conducive to acid generation. When the diet contains sugar, acid production increases.

When enough plaque has built up, germs that are generally good for us get between the plaque and tooth enamel where they are shielded from air. In this anaerobic environment they not only thrive, they are now able to do damage because the acid is trapped by the plaque against the tooth enamel.

Any food these germs recognize as sugar or that the body can break down into sugar is converted into acids. Within seconds after you eat sugar the acid production increases dramatically and doesn't decrease for several hours. Carbohydrates are sugar as far as this disease mechanism is concerned; any flour product is converted directly into sugar and contributes enormously to plaque build-up.

Most of us focus on the enamel because that's the part of the tooth that we can visibly see and the enamel is where we get cavities. What we don't often think about is that enamel is a health barrier.

When germs are shielded by plaque, the acids erode tooth enamel causing cavities which can perforate the enamel. The enamel is what prevents infective agents from reaching the softer innards of the teeth, which have little defense against infection.

A buildup of plaque at and slightly below the gum-line will eventually harden into mineral-like deposits called tartar or calculus. This calculus deposit at the base of the teeth interferes with the natural cleansing action of saliva, so while the acids are eating at enamel, plaque continues to accumulate.

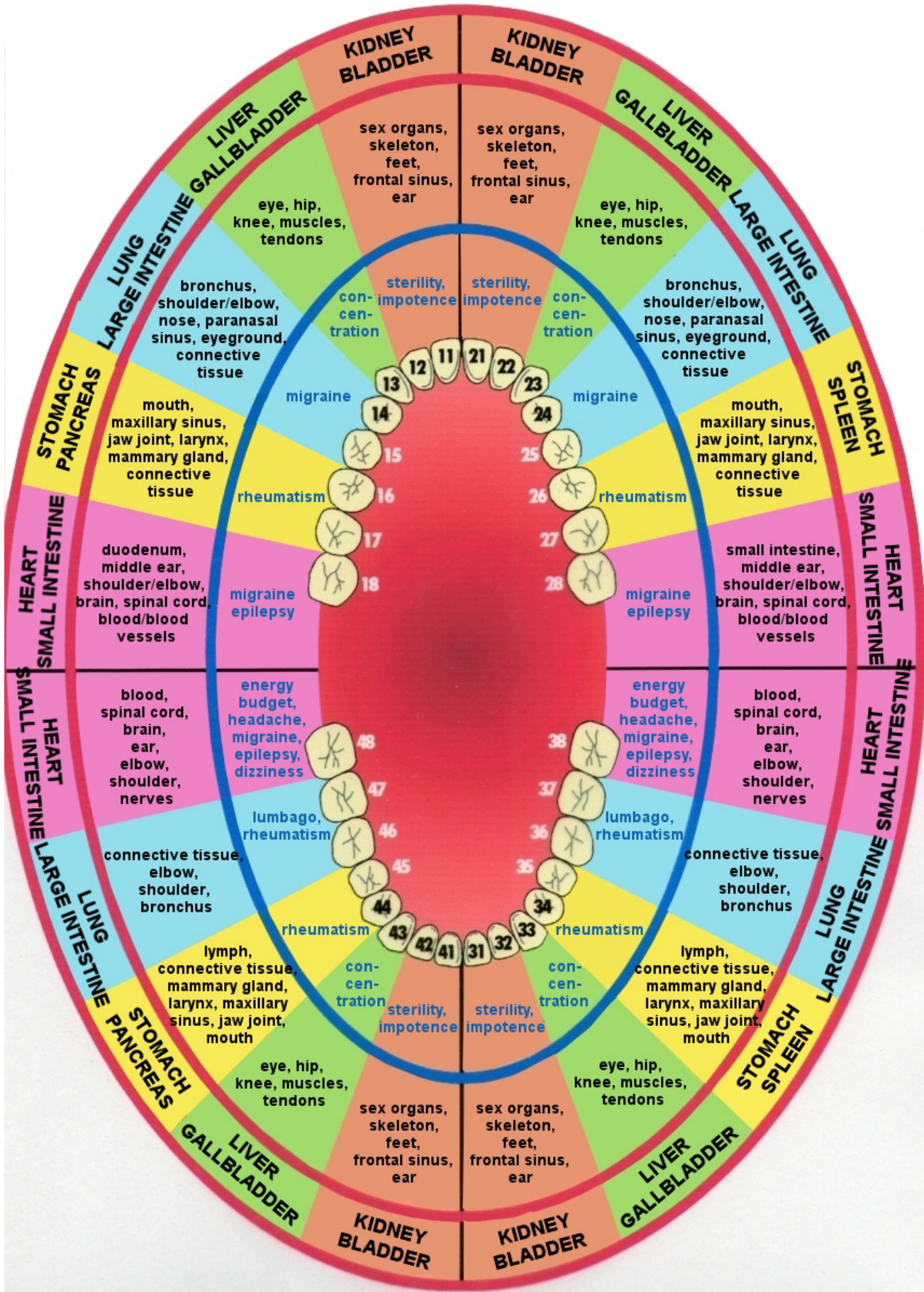
The trapped and decaying oral debris provides food for explosive growth and germs colonize. Some of these pathogens can cause serious and life-threatening disease. Many diseases in other parts of the body originate from a mouth suffering with infection.

Tooth Organ Relationship

There is a connection between your teeth and the rest of your body if you believe that your teeth are an integral part of your overall body system. Your teeth are living organisms that are connected to the rest of your body through the meridian system.

There is an energetic relationship between each tooth and the corresponding organ in that particular meridian path.

TOOTH ORGAN RELATIONSHIP CHART



As a result of the relationship of teeth and their corresponding organ, disturbance at a particular tooth site can cause a distant organ to malfunction. (Conversely, a disturbance in the organ can cause a problem at the related tooth site).

Basically, this relationship between tooth site and organ is an energetic one, created as a consequence of the tooth site and the organ sharing an energy pathway or meridian. A problem in your teeth can affect you just about anywhere in your body, for every tooth site crosses one or more of the 12 major meridians.

In addition to the energetic relationships between tooth sites and organs, there is yet another way in which oral disease can have systemic consequences.

Your teeth contain over 4.5 km of tubules (tiny fluid-filled holes in the dentin layer of each tooth). When a tooth becomes diseased to the point where it cannot be saved with a non-toxic filling or a crown, the tooth should be extracted; however it at this point that most dentist will recommend a root canal. By removing entire root system of the tooth it is now essentially dead.

Your body, in its innate intelligence does not want to hold on to anything “dead.” If a root canal is performed to “save” a dead tooth, the thousands of tubules within the tooth each become receptacles for deadly bacteria. The result is: An on-going toxic drip of bacteria such as E. Faecalis (responsible for abscess formation and destruction of tissue) into the body and its organs. The result of the constant presence of bacteria in the root canal area can severely suppress your immune system.

For more information on the dangers of root canals see part 2: The Root Canal Cover-Up.

An on-going infection in teeth will threaten your whole body with poor health and can also affect the organs related to the tooth through the meridian system. For example, the 4th and 5th tooth – to the left and right of the center teeth – in the upper and lower jaw are connected to the breast meridian. Constant infection caused by a root canal in these teeth can lead to complications, energy (or Chi) imbalances and blockages in energy flow in the breast meridian. This phenomenon is often very visible in thermography scans.

If you have had a root canal, consider having the tooth removed and the tissue around it cleaned and repaired by a holistic or biological dentist. Biological dentists understand the connection between root canal and disease in the body.

Healthy Gums Equals Healthy Teeth

Gum tissue is only one cell thick and is an incredibly strong tissue for its thickness but through the physical action of chewing, brushing and so on the rough calculus and tartar can soon wear through the outer membrane of gum tissue and the clean, wholesome pink color of healthy gums is replaced by a more reddish tone and the gums begin to bleed easily.

Once this occurs, infectious agents have access to inner tissues. Any infectious agent which reaches unprotected inner body tissue can now be transported by the blood stream.

Teeth are held in place by multiple tiny filament like connective tissues which anchor teeth and gum together. These tissues allow teeth to flex enough to absorb the shock and torque of chewing, yet hold teeth firmly in their proper place, snugged into their sockets in the jawbone.

When these connective tissues are injured by infection, abraded by rough deposits, or damaged by acids; they begin to loosen as they are destroyed.

As connective tissues fail the gum begins to recede away from the tooth, and this widening gap forms pockets below the gum line. Now we are contending with...

Periodontosis The Destroyer

As the gum pockets widen and deepen, the destruction of connective tissue accelerates and infectious agents can contact the bone support of the teeth resulting in spreading infection into the bone.

When enough of the connective tissues are destroyed gums sag away from the teeth; the teeth have no lateral support and become loose in their bone sockets. It is at this point that all the teeth are ready to fall out, or be pulled out and replaced by dentures.

Of all the tissues in the mouth, the gums are the ones we should be most concerned with protecting.

Without gum tissues there could be no teeth. Now most dentists will tell you that once these connective tissues are destroyed, they can never be regenerated. So basically, gum problems and not teeth problems are responsible for the loss of teeth in adults.

Consider the enormous percentage of human physical disease, disorder and malfunction that can begin through a breakdown of gum tissue. In fact - according to Dr. Reinhard Voll...

"at least 80% of people suffering from a disease will find the cause in their mouth."

What is important to understand is that tooth brushing alone will not do the job. Tooth brushing ineffectively (aside from making you feel good cosmetically), is probably a waste of time.

Cavities, gum problems, sore gums, bleeding gums, toothaches, abscessed teeth...all of these are symptoms.

We've been trained since childhood to think of these things as the cause of our plight but they are not the cause. These are all symptoms of infection and demineralization. Perhaps you are wondering why your dentist has never discussed this with you.

I wonder why my dentist has never talked to me about the importance of healthy gum tissue!

Gums and Teeth Need Nutrients

Just like our bodies, our gums and teeth need certain essential minerals and vitamins to stay healthy and strong. We all require ample amounts of the minerals magnesium, calcium and phosphorous, and vitamins A, C and D to ensure proper tooth development and strength. Magnesium and calcium, aided by phosphorous and vitamin D, is the main component of teeth and bones. Most magnesium contained in the body is found in the skeleton and teeth—at least 60 to 65 percent of the total. Vitamin A is necessary for the formation of tooth enamel, and vitamin C is essential for healthy gums.

The dental profession teaches and performs services designed to repair or replace symptoms; the conventional dentist does nothing to address prevention. Well I am certain that you will be thrilled to know that the secret to getting healthy gums and teeth is really very simple.

So what can we do to keep our teeth and gums healthy for a lifetime?

Remember I mentioned...

The Secret That Can Heal Dental Disease

Along with proper nutrition, Dr. J.E. Phillips, a periodontist created the perfect tool!

Dr. Phillips became discouraged that his patients were flossing and brushing, yet still getting gum disease and tooth decay. He invented a special brush and a special technique that is so cheap, easy to learn and can save you huge amounts of money on dental bills!

Bring in the Miracle Plaque Plucker!

Most people are stunned at how effective this simple brush and technique is in realizing benefits such as:

- Eliminating gum disease
- Destroying plaque
- Preventing the recurrence of gum disease and tooth decay
- Whitening teeth naturally without abrasives or chemicals
- Saving huge amounts of money on dental bills, not to mention the potential pain with certain procedures
- Overcoming bad breath
- Cleaning the whole mouth, not just the teeth

These photos are taken from Dr. Philips archives and reveal the results of using the Miracle Plaque Plucker for 3 weeks!



The Miracle Plaque Plucker Brush Features

The unique feature of a Miracle Plaque Plucker is their specially textured bristles that have capillary action to draw plaque and debris from teeth and gums.

Plucking removes the plaque that causes gum disease.



The bristles are unique in their design and texture. Although they look much like a traditional toothbrush, the bristles are specially textured to draw plaque and debris from the teeth and gums using a capillary action... like thousands of little suction cups. Each Miracle Plaque Plucker comes with a maintainer cover to protect and reform the bristles after each use.

Bristle Comparison Magnified

Miracle Plaque Plucker

VS.

Regular Tooth Brush



The brush has 4 rows and a 41 tuft slender head for ease of maneuverability that utilizes a gentle .007" diameter DuPont Tynex™ nylon bristle. The ends are rounded textured bristles that function like little suction cups that draw plaque and debris from gingival crevice. Using a light plucking motion the tiny bristles on the brush go underneath the gums and pull up the plaque to get rid of the plaque that causes cavities, gum disease, and more.

The plucking action stimulates the gums whereas brushing with toothpaste deals only with the teeth. The 'conventional' method of brushing merely pushes plaque from one side to the other and into the gum crevice where gum disease starts.

The Plucking Technique

The Miracle Plaque Plucker is held differently to a normal toothbrush; hold like a pencil angled at about 45 degrees to the teeth, with the elbow close to the body, and instead of brushing side-to-side or up-and-down, use a tapping or 'plucking' motion to reach between the teeth and gums, drawing out the damaging, trapped plaque which causes so many problems.

No moving the brush from side to side or up and down; just 'pluck'. Tap the brush against the side of the basin and start plucking again. Plucking the gums is very important. When we brush our teeth we address only our teeth and teeth make up only 10% of our mouth. This massaging action stimulates the gum into health, that otherwise remain neglected and when we have healthy gums we have healthy teeth!

Without injuring the gums, the Plucking Technique effectively cleans the hard to reach spaces between teeth where plaque accumulates. Many people damage the sulcus (the 'V' shape tissue between the teeth where the tooth meets the gum) with flossing, so if you must floss, be very careful.

Dr. Phillips suggests that we should never floss.

I used to think I could never go without flossing but what I discovered is that once the sticky plaque is removed from the teeth and the sulcus and gum tissue heals, debris does not get stuck like it used to and the plucking technique easily removes any debris from between teeth. In fact, the Plaque Plucker is a far more effective tool for removing trapped particles from between teeth than floss!

How Long Should I Pluck?

If you still have all your teeth, you would have 60 places to pluck (inside and out). Consider 60 x 10 seconds is 600 seconds - or at least 10 minutes of treatment time. We want to focus on the gum line - where the gums meet the teeth. Stimulating the gum tissues encourages blood flow into the area and brings oxygen and nutrients into the gums.

When we have healthy gums we have healthy teeth!

Now, before you decide that this is too much time, understand that after you learn how to do this, it could easily be done while reading, watching TV or as a passenger in a car.

Realize that taking a few minutes each day to properly care for your teeth and gums will save you many hours in a dentist's chair.

Unlike brushing, the plucking technique does not use toothpaste!

For a complete demonstration of the Plucking Technique please watch Dr. Philips video available on our website: www.miracleproducts.com.au

No Toothpaste Required

Toothpaste will just clog the plucking action of the Miracle Plaque Plucker brush and render it ineffective. Using this brush and technique will heal the sulcus and gums and get rid of bad breath too!



It is the plaque build-up trapping the acids that create bad breath.

The technique differs from traditional oral hygiene. It eliminates the need for mouthwash and dental floss, and reduces the need for toothpaste and tooth brushing. Mouthwash kills the bacteria in the mouth and temporarily covers bad breath, but it doesn't eliminate the plaque that bacteria feed on, the process that creates bad breath.

Cleaning the tongue is the best way to eliminate bad breath.

If you still wish to use something to “freshen the breath” consider licking a few drops of pure peppermint oil.

A good consideration, especially if there is a serious infection, is to rinse the mouth with magnesium chloride. We recommend Miracle Mist because it contains the highest quality magnesium chloride (which is a brilliant infection fighter) and also contains pure MSM, biological sulphur to rebuild connective tissue. This formula provides some of the essential minerals for healthy teeth.

When you follow this technique twice a day for two weeks in a row, your gums should have become very tough and should have a beautiful pink-white color (this is good!).



You will begin to notice within a very short time that your teeth are becoming whiter and smoother.

And now that the bacteria are dying off and you are giving your body the nutrition it needs your teeth can re-mineralize and cavities will heal!

It is known that the gums have an extreme power to rebound back to health within a few short weeks, if regular and proper attention is given to them.

Remember that the plucking technique is very gentle; if your gums feel sore after plucking you are using too much pressure.

Dr. Phillips dedicated his periodontal practice to the belief that patients should be taught to care for their own mouths; that gum disease and subsequent surgery and tooth loss were unnecessary if the mouth was cared for properly. He lectured tirelessly around the world to promote teeth for a lifetime.

The Miracle Plaque Plucker and technique definitely goes beyond the brushing and flossing routine to give you a new standard of clean

"Those who have been fortunate enough to use this unique dental hygiene program have enjoyed a lifetime of fresh breath, clean teeth and healthy gums". - Dr. J. E. Phillips, International Oral Health Society.